



South Carolina Obesity Action Plan 2014 – 2019



2 out of 3 adults and 1 out of 3 children in South Carolina are overweight or obese

SC Obesity Prevention Efforts

With two out of three adults and one out of three children in our state overweight or obese, DHEC and the SC Institute of Medicine and Public Health launched the [South Carolina Obesity Action Plan in 2014](#). Below are some of the initiatives that are underway:

Farm to Institution

- DHEC and partners are working to increase access to fresh produce in **15** counties with the aid of **11** food pantries affiliated with **three** food banks, serving about **6,600** people and distributing an estimated **50,522** pounds of produce monthly.
- Over **194** schools/preschools have participated in an effort to bring fruits and vegetables to their sites.
- A statewide fruit and vegetable outlet inventory identified **289** farmers markets/farm stands. An [interactive map](#) created using the data has been accessed over **21,000** times by **12,509** users.



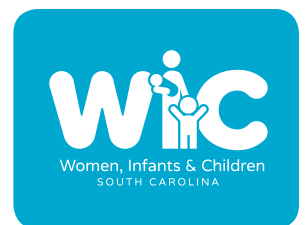
Schools and Early Care and Education

- The award-winning [Breaking Physical Activity Barriers through Open Community Use \(OCU\) playbook](#) is being used to promote the use of school outdoor recreational facilities during non-school hours. The SC School Boards Association (SCSBA) released the OCU policy, which **11** districts use.

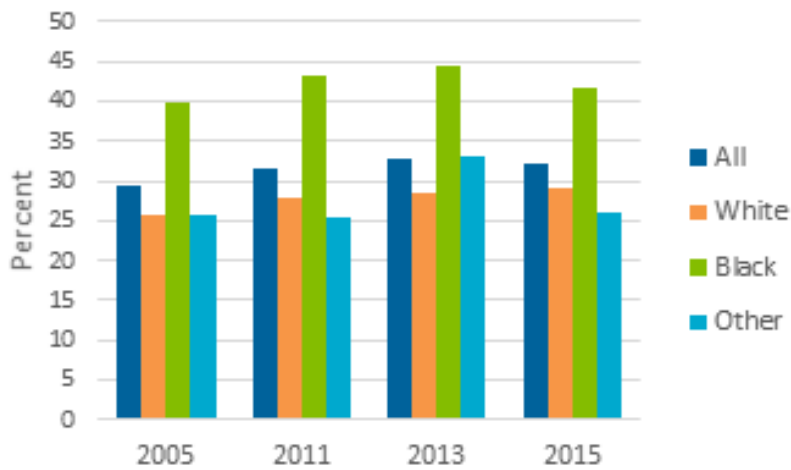
- Sixty-five** public school districts (including the State Charter School District) use SC FitnessGram, a web-based system that assesses and reports student fitness information.
- DHEC and SC Department of Social Services ensure training and compliance with nutrition and physical activity standards. More than **90** percent of ABC Grow Healthy child care centers are in compliance with the policy requirements and meal service standards.

Community

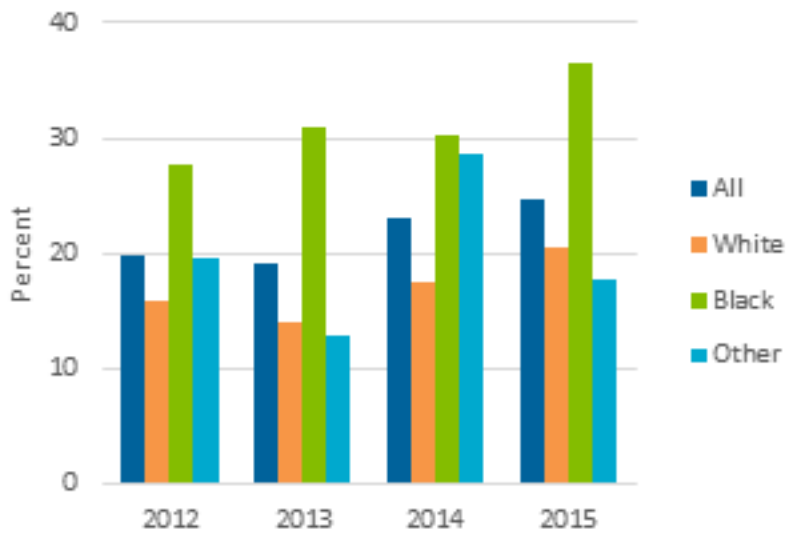
- Eighteen** counties are served by DHEC's Supplemental Nutrition Assistance Program Education (SNAP Ed) staff. Interactive education opportunities are provided to SNAP/SNAP-eligible participants in primarily rural counties with high rates of overweight/obesity and in high-poverty counties. The following were held in 2016: **15** six-week long [Cooking Matters courses](#) that teach families how to cook healthy meals on a budget; **31** farmers market cooking demonstrations (May to September); **32** [It's Your Health Take Charge courses](#) and **9** Taking Charge in the Meadowland courses.
- [Women, Infants, and Children program \(WIC\)](#) served over **61,000** residents in 2016. WIC provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 who are found to be at nutritional risk. Nutrition care planning is provided to participants with diabetes, gestational diabetes, obesity and other conditions.



Percent Adults (Ages 20 + years old) Obese
SC Behavioral Risk Factor Surveillance



Percent Children (ages 2 - 17 years old) Obese
SC Children's Health Assessment Survey



Notes:

"Other" for all graphs includes Hispanic, Asian, Native American/Alaska Native, Hawaiian/Pacific Islander, other and multi-racial. 2. Obesity defined as those in the 95th percentile for their BMI-for-age category. 3. Data Source: Children's Health Assessment Survey (2012 – 2015). Division of Surveillance, Office of Public Health Statistics and Information Services, SC DHEC

¹ – 15 Target counties: Upstate: Spartanburg, Union, Cherokee, Midlands: Richland, Kershaw, Fairfield, Chester, Pee Dee: Dillon, Florence, Lee, Marion, Lowcountry: Allendale, Bamberg, Calhoun, Orangeburg
File: Obesity Projects Overview 2017/SH